

EuroCIM 2019 Mensa/Canteen Food Options (with English translations)

	Tuesday 26 March 2019	Wednesday 27 March 2019	Thursday 28 March 2019	Friday 29 March 2019
Essen 1 (Main Daily Offering)	Gyro plate with corn, onions, and rice. Served with a side of Tzatziki sauce, coleslaw, and soup* Contains: Dairy products, and celery products	Baked veggie burger patty served with carrots, boiled potatoes, and dessert* Vegetarian Contains: Gluten, egg products, soy products, celery products, and dairy products (dessert only)	Hungarian-style pork stew (goulash) with baked Spatzle and soup* Contains: Gluten, dairy products, and egg products	Baked fish with creamed spinach and mashed potatoes. Served with soup* Contains: Dairy products, celery products, and gluten
Essen 2	Semolina grain porridge with strawberry sauce Vegetarian Contains: Gluten and dairy products	Leek and Cheese soup with ground beef Contains: Gluten, and dairy products	Curry vegetable stew with coconut milk Vegan Contains: Celery products	Asian-style rice with sprouts and sauce Vegan Contains: Gluten and celery products
Vegetarische Theke (Vegetarian)	Pasta with sun-dried tomato sauce, served with vegetables and grated mozzarella cheese Vegetarian Contains: Gluten, celery products, and dairy products	Carrot sticks with sesame seasoning, served with mango chili salsa and herb rice Vegan Contains: Gluten, celery products, and sesame seed products	Salad with fried Camembert cheese and cranberry sauce, served with a baguette Vegetarian Contains: Egg products, mustard products, gluten, and dairy products	“Western style” potato pizza Vegetarian Contains: Dairy products
Pfanne, Wok & Co.	Baked Zander fish filet with grilled vegetables and rosemary potatoes Contains: Gluten and fish products	Pulled pork burger, served with potato wedges, coleslaw, and sour cream dipping sauce Contains: Alcohol, caffeine, sweeteners, gluten, barley, mustard products, egg products, dairy products, and celery products	Roasted jumbo prawns, served with red pasta, wok vegetables, and lemongrass butter Contains: Shellfish, gluten, mustard products, and dairy products.	Grill plate featuring small beef and pork steaks, and Nuremberg-style sausages. Served with grilled tomatoes, diced country-style potatoes, and garlic butter Contains: Dairy products and gluten
Vegan**	Small ravioli in red sauce with Mediterranean vegetables. Available every day. Contains gluten			

* Soup flavors and desserts served in Essen 1 are not announced ahead of time.

**These options are “serve yourself.” The Mensa asks that you please use a new plate for any self-served items.

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Additional food stations

The Mensa also has other food options for soups, salads, and casseroles. Unfortunately, we have no information about allergens for these options, so we ask participants to eat them at their own risk.

Salad Bar

Located between Essen 1 and the Vegetarian food stations, the Mensa salad bar can be used to put together either a side salad or a larger salad as a main dish option. This is a “serve yourself” station (please remember to use a separate plate), and it is available every day.

Aufläufe & Gratin

This is a casserole station located to the left of Essen 1 that has several different options during EuroCIM:

1. Milchreisauflauf mit Kirschenkompott (Milk rice casserole with cherry compote)
2. Sojagyrosauflauf mit Paprika & Tomaten (Soybean gyro casserole with peppers and tomatoes)
3. Fruchtiger Geflügel-Curryauflauf mit Nudeln (Fruity chicken casserole with curry spices and noodles)

Soup station

There is a soup station located next to the Aufläufe & Gratin station that serves a vegetarian soup and a non-vegetarian soup every day. The week of EuroCIM, these are the options:

1. Erbsensuppe (Pea soup)
2. Gulaschsuppe (Goulash soup with beef)

Pizza station

There is a self-serve pizza station to the left of Wok & Pfanne. The week of EuroCIM, you can get tuna fish pizza with onions.

Side dishes

Every day, side dishes are available to the right of the vegetarian food station. Signs indicate what is available.

	German	English	Vegan?
Tuesday, 26 March	Kürbiskernrösti	Pumpkin Rosti (similar to hash browns or potato fritter)	Yes
	Gnocchi	Gnocchi	Yes
	Thymiankartoffeln	Potatoes with thyme spice	Yes
	Kaiserschoten	Snow peas	Yes
	Champignons in Backteig	Battered mushrooms	No
Wednesday, 27 March	Kartoffeldippers	Potato wedges	Yes
	Salzkartoffeln	Boiled potatoes	Yes
	Cous-Cous	Couscous	Yes
	Erbsen	Peas	Yes
	Waldpilzrahm	Mushrooms in cream sauce	No
Thursday, 28 March	Twister	Curly fries	Yes
	Raviolini	Small ravioli	Yes
	Prinzessbohnen	Green beans	Yes
	Gebraten Paprika	Baked pepper	Yes
	Spätzle	Spätzle (egg noodles)	No
Friday, 29 March	Country cubes	Cubed potatoes	Yes
	Bratreis	Baked rice	Yes
	Blumenkohl	Cauliflower	Yes
	Rahmspinat	Creamed spinach	No
	Kartoffelpüree	Mashed potatoes	No